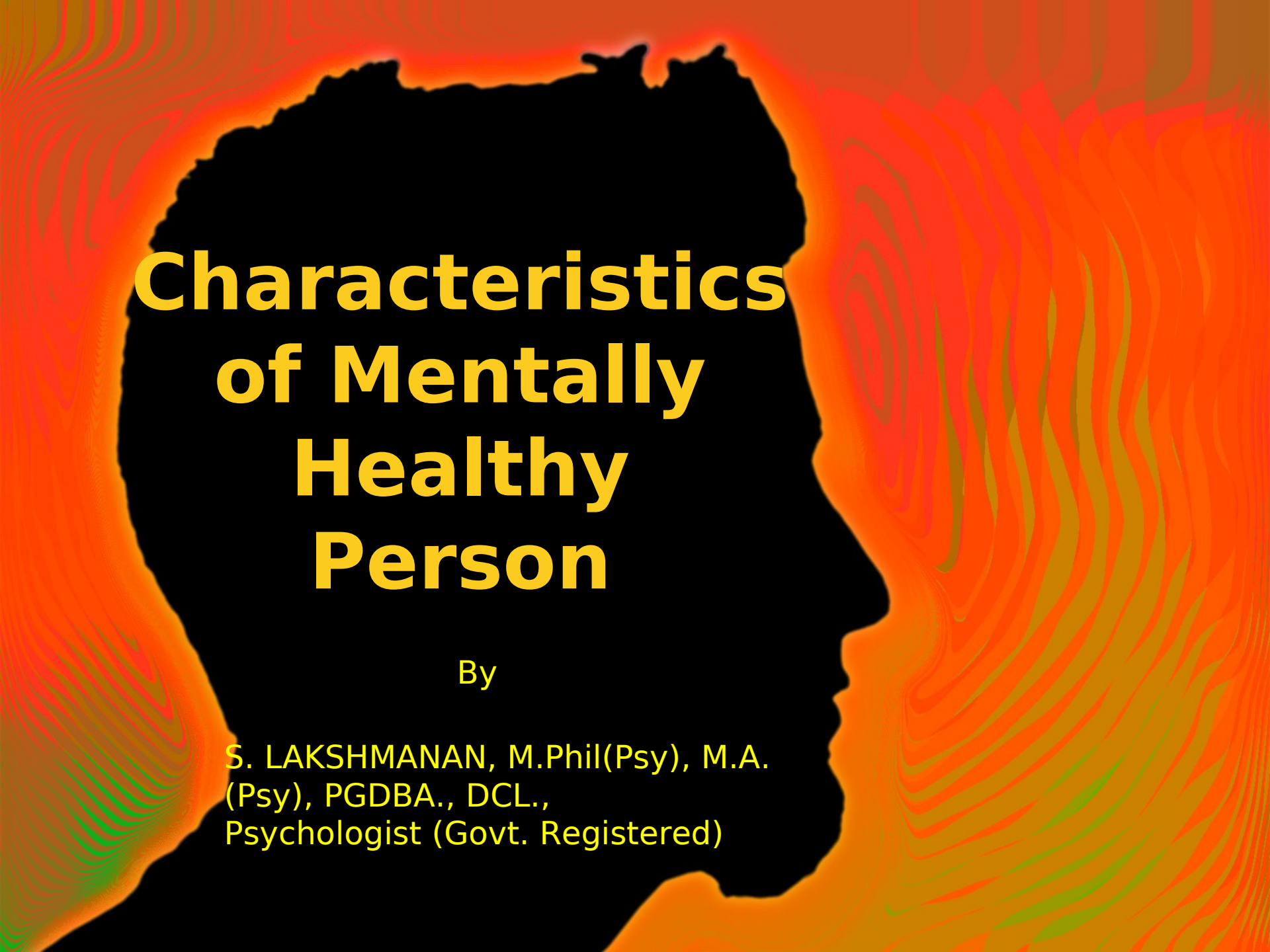




Characteristics of Mentally Healthy Person

By

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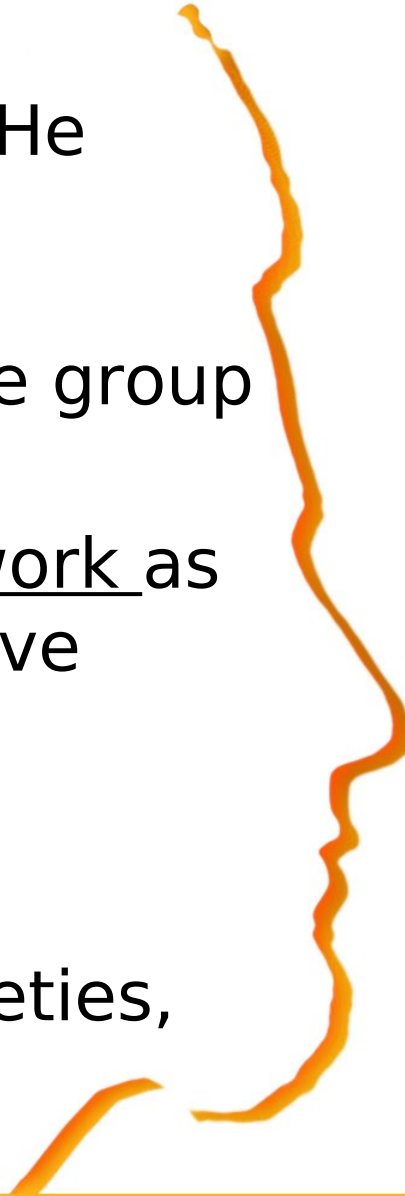
Characteristics of Mentally Healthy Person

1. He knows himself well strength and weakness.
 2. He has an adequate ability to make adjustment in the changed circumstances and situations.
 3. He emotionally mature and stable as he is able to express his emotions in a desirable way and exercise proper control over them.
 4. He is socially adjustable as he possesses an adequate ability to get along well with himself and others.
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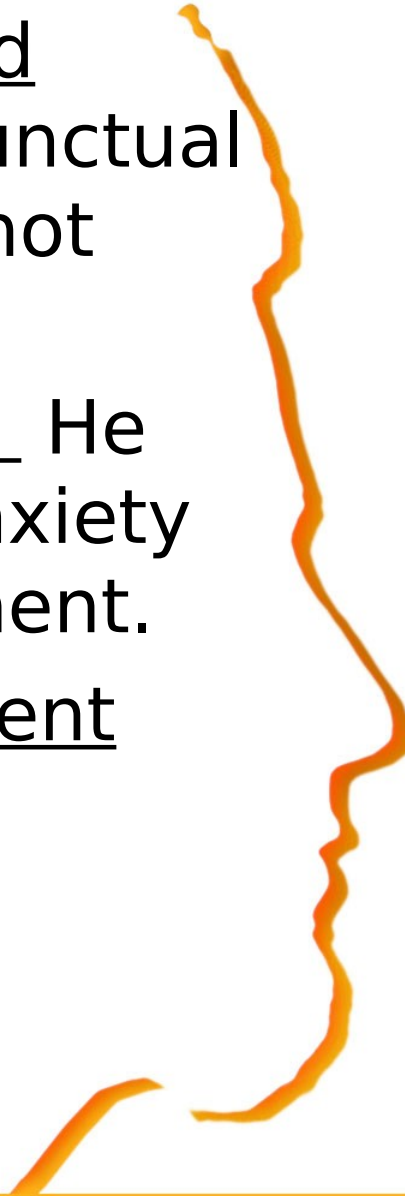
Characteristics of Mentally Healthy Person

5. His intellectual powers are adequately developed. He is able to think independently and to take proper decision at the proper time.
6. He always lives in a world of reality, rather than that of imagination and fantasy.
7. He possess enough courage and power of tolerance for facing failures in his life. He never repents and worries over his failures and mistakes.

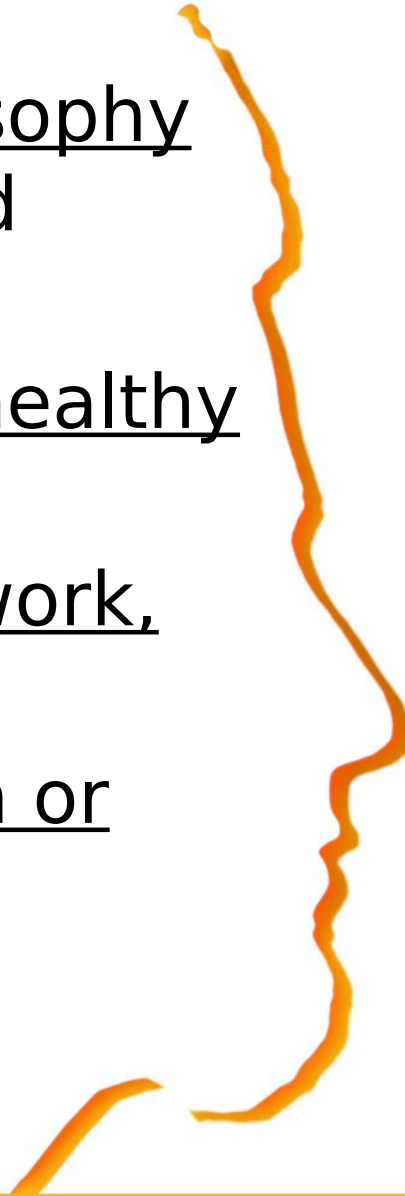
Characteristics of Mentally Healthy Person

8. He feels quite safe and secure in his respective groups and environment. He likes others and is liked by them. He possesses an adequate sense of belongingness and loyalty towards the group he belongs.
 9. Although he tries to accomplish his work as nicely as possible yet he does not prove himself an extremist by becoming a perfectionist.
 10. He is free from undesirable mental disturbance, disorders, conflicts, anxieties, frustrations, ailments and diseases.
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Characteristics of Mentally Healthy Person

11. He possesses desirable social and health habits. He is regular and punctual in performing his duties and does not suffer from forgetfulness.
 12. He is self-confident and optimist. He does not exhibit undue fear and anxiety for any new assigned accomplishment.
 13. He has an adequate sex adjustment and does not suffer from sex abnormalities and dissatisfactions.
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Characteristics of Mentally Healthy Person

14. He possesses an adequate philosophy of life that governs his conduct and activities.
 15. He possesses socially desirable healthy interests and aptitudes.
 16. He leads a well-balanced life of work, rest and recreation.
 17. He is satisfied with his profession or occupation.
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Thank You

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